



# 3rd Pediatric Exercise Oncology Congress

# FORTE Europe

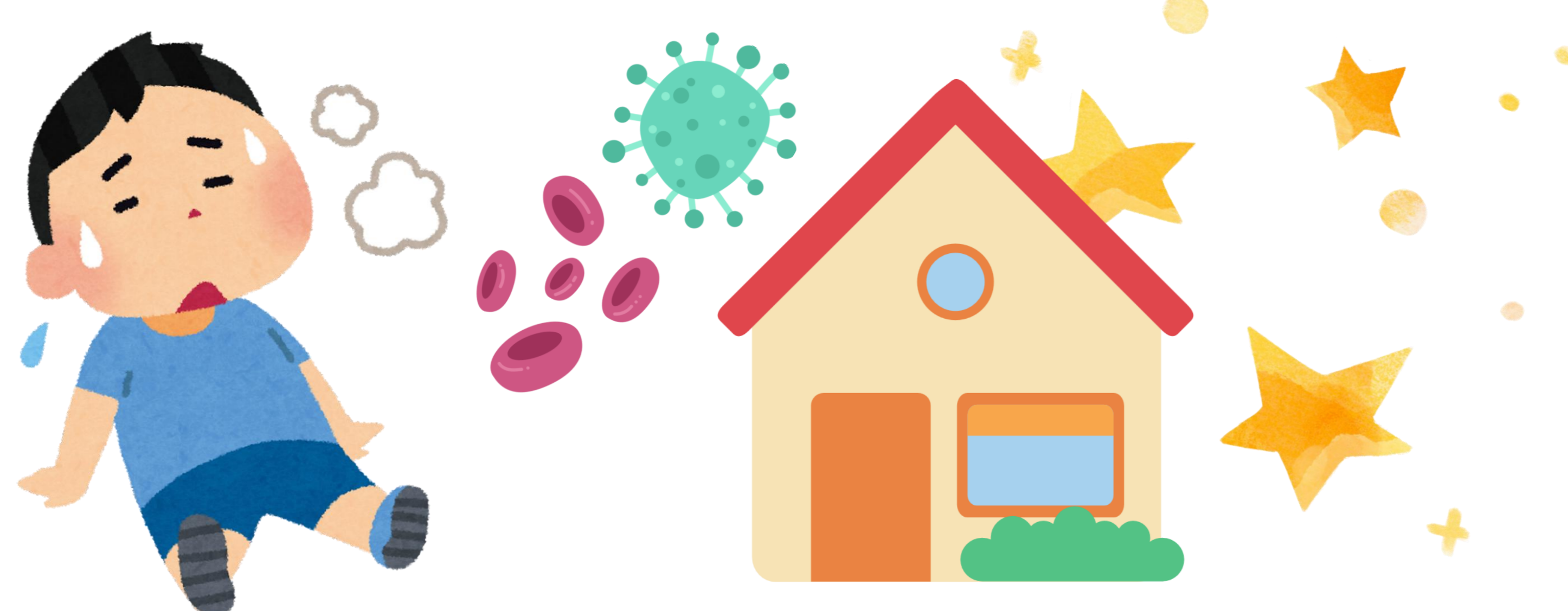


## HOME-BASED INTERVENTION WITH PHYSICAL ACTIVITY BOOKLETS: IMPACT ON CANCER-RELATED FATIGUE IN PEDIATRIC PATIENTS

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### BACKGROUND AND OBJECTIVES

This study aimed to analyze the effects of a home-based physical activity program implemented through Physical Activity Booklets.



### METHODS

**25** participants  
(aged 4–14 years)



Fatigue was monitored using pictograms and perceived exertion scales. Fatigue outcomes were assessed using the Pediatric Quality of Life Inventory – Multidimensional Fatigue Scale. Analyses were conducted by intention-to-treat (ITT) and per-protocol (PP).



### RESULTS

Outcome / Domain	Statistic	Reporter	p-value	Interpretation
Adherence to booklets	Mean 77.6% ±17.8%	Participants	–	High adherence to the intervention
ITT analysis				
Total fatigue	ITT	Patients	<b>0.039</b>	Significant improvement
Total fatigue	ITT	Caregivers	<b>0.014</b>	Significant improvement
Sleep/Rest fatigue	Patients/ Caregivers	Patients/ Caregivers	<b>&lt; 0.001</b>	Strong improvement
General fatigue	ITT	Patients/ Caregivers	<b>0.012</b>	Significant improvement
PP analysis				
Total fatigue	PP	Patients	<b>0.038</b>	Significant improvement
Total fatigue	PP	Caregivers	<b>0.012</b>	Significant improvement
Sleep/Rest fatigue	Patients/ Caregivers	Patients/ Caregivers	<b>0.023</b>	Significant improvement
General fatigue	PP	Patients/ Caregivers	<b>0.009</b>	Significant improvement
Weekly pictogram monitoring				
Progressive reduction from 'very/extremely tired' → 'a little tired' by Week 12	<p>Very tired → Tired → A bit tired → A little tired (Week 12)</p> <p>Progressive reduction from "very/extremely tired" → "a little tired" by Week 12</p>			

### CONCLUSIONS

This model represents a feasible, low-cost, home-based strategy with potential as a complementary support to pediatric cancer treatment.

